

Video Contest – You Could Win \$1,000 13 Ways to Take Care of Ourselves and Each Other A Suicide Prevention Project

Enter by July 28, 2017

Contest Goal:

To demonstrate healthy ways that high school students manage social and emotional challenges. Unfortunately, suicide has recently been portrayed in the media as one way young people cope with life's painful and emotionally distressing issues. We want your help to fight against that message. We'd like to see and hear your examples of what helps you and your friends get through tough times. We're looking for video submissions which demonstrate your recommended strategies for healthy coping with life's challenges. Be creative, have fun, have others see your video, and maybe even win a prize!



Who Can Enter:

High school students as of spring 2017, 14 years of age or older, who live in Massachusetts

How to Enter:

- Review the Official Rules and Guidelines on our website: www.riversidetraumacenter.org/?p=1037
- Create a video that is 3-5 minutes in length that adheres to the Official Contest Rules and guidelines.
- Post your video online at www.youtube.com, set it to Unlisted View, and send an email to tcenter@riversidecc.org (with a link to the video, the completed Entry Form, and completed Waiver/Release Forms) after 9 a.m. EST on June 13, 2017, but no later than 5 p.m. EST on Friday, July 28, 2017, to be considered as part of the Contest.

**We are looking for creative, healthy messages
that promote healthy ways of coping
with life's challenges.**

CASH PRIZES

- **1st Place \$1,000**
- **2nd Place \$500**
- **2 honorable mention winners will receive \$250 each**

www.riversidetraumacenter.org

Riverside Trauma Center

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